



GET READY

¹⁷Pay attention and turn your ear to the sayings of the wise; apply your heart to what I teach, ¹⁸for it is pleasing when you keep them in your heart and have all of them ready on your lips. ¹⁹So that your trust may be in the Lord, I teach you today, even you.

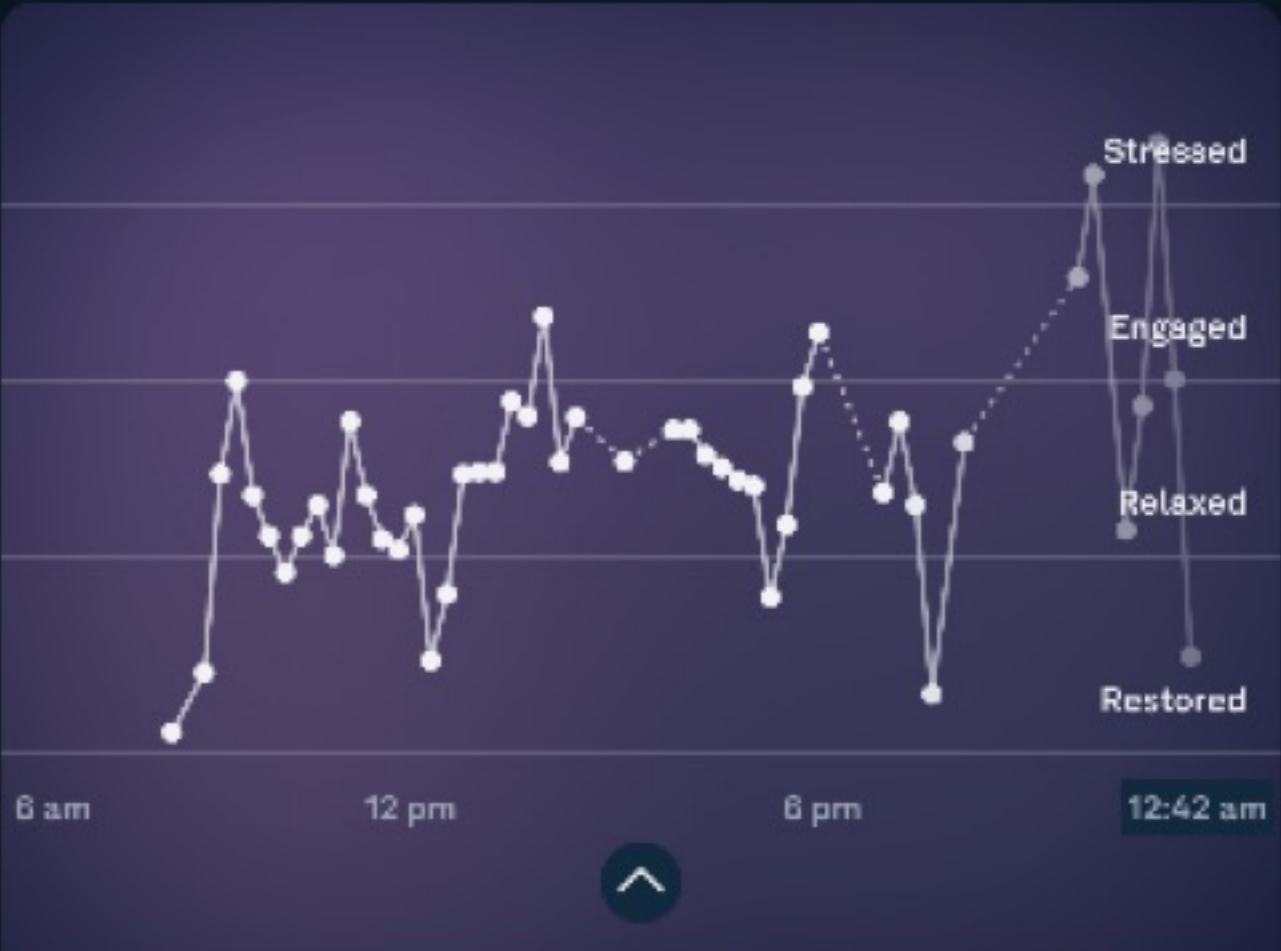
Proverbs 22:17-19 (NIV)

Trust: complete reliance on the veracity and integrity of someone or something.

Whenever we give up trust, we give up ground in the area of freedom.

“We must cease striving and trust God to provide what He thinks is best and in whatever time He chooses to make it available. But this kind of trusting doesn’t come naturally. It’s a spiritual crisis of the will in which we must choose to exercise faith.”

Charles Swindoll



Stressed
30m

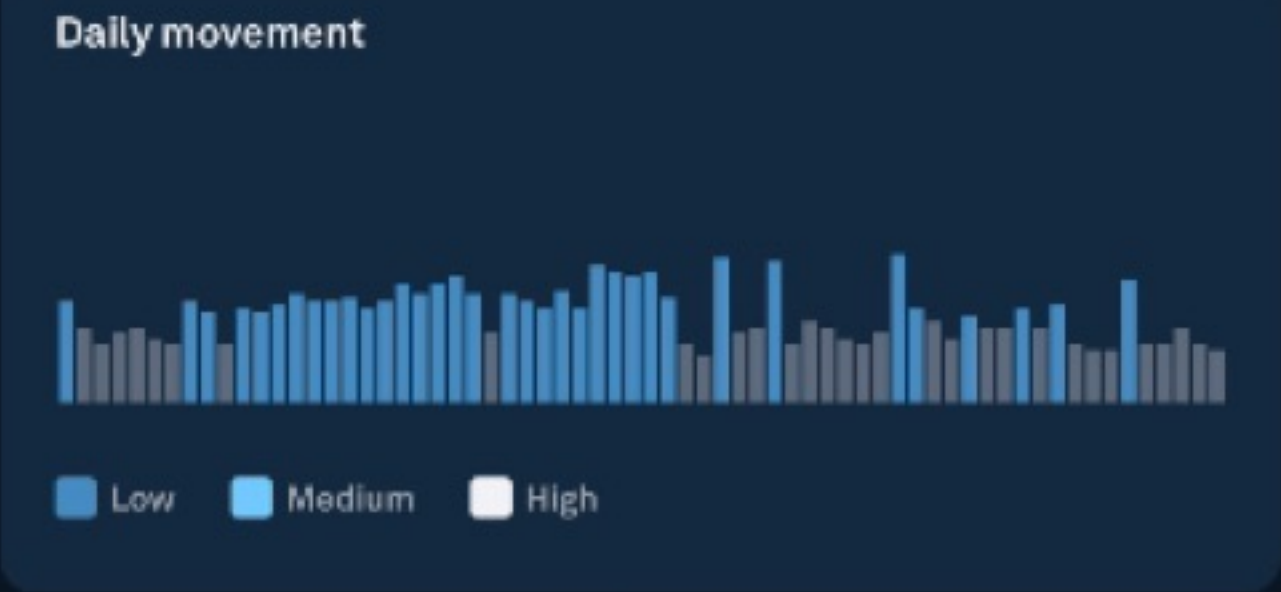
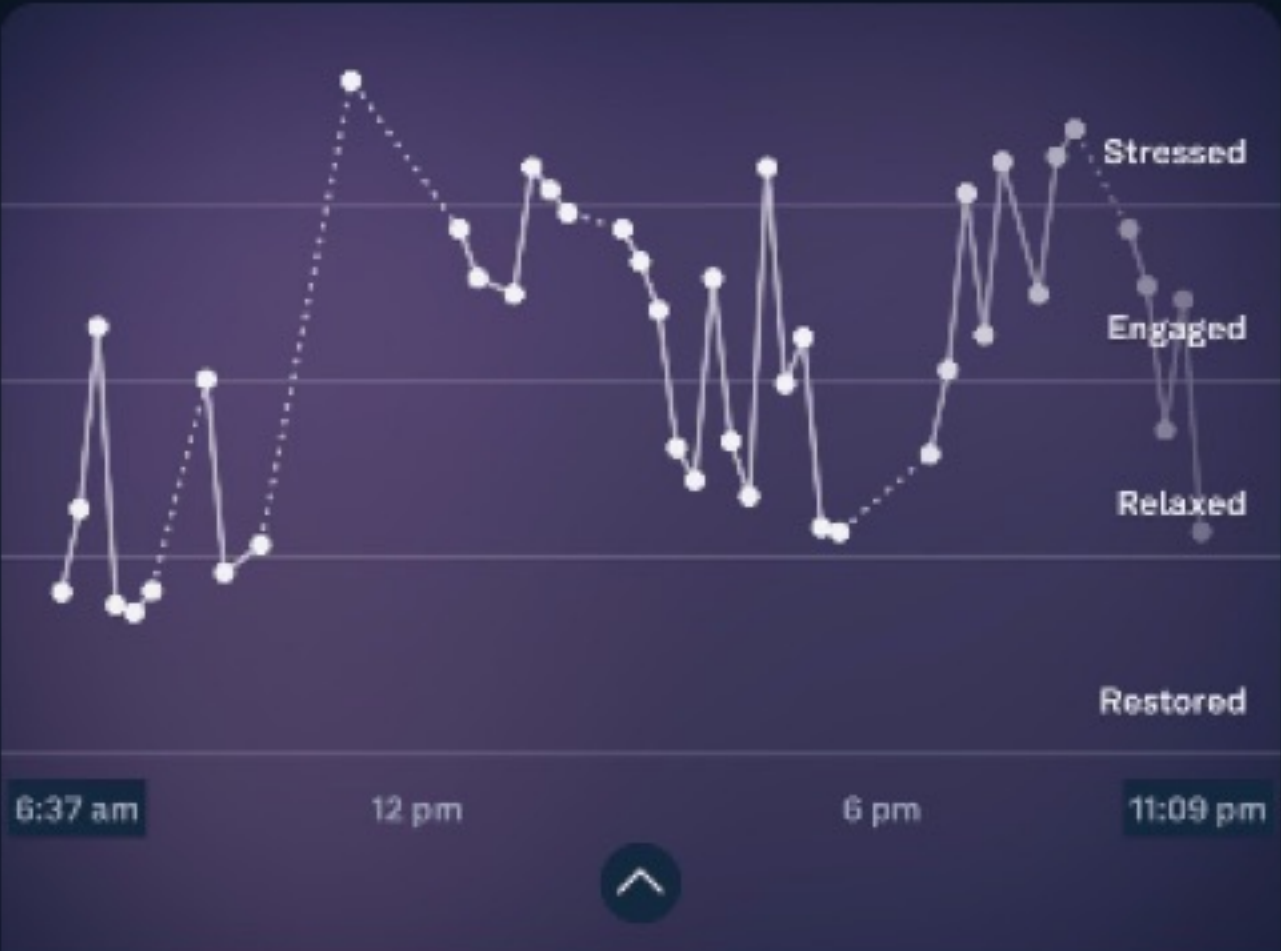
>

Restored
2h 15m

>

Normal Day

On this day, your body didn't experience many high stress peaks or restorative moments. A neutral day as far as your stress levels go! Does that sound right as you look back?



Stressed
2h

Restored
1h 30m

Normal Day

On this day, your body didn't experience many high stress peaks or restorative moments. A neutral day as far as your stress levels go! Does that sound right as you look back?

Turn Your Ear

¹My child, listen to what I say, and treasure my commands. ²Tune your ears to wisdom, and concentrate on understanding. ³Cry out for insight, and ask for understanding. ⁴Search for them as you would for silver; seek them like hidden treasures. ⁵Then you will understand what it means to fear the Lord, and you will gain knowledge of God.

Proverbs 2:1-5 (NLT)





Stay Ready to Respond

But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have.

1 Peter 3:15 (NIV)